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Morning and Evening is a devotional guide through 52 weeks of inner life themes.

Each week uses prayer and scripture to follow a single theme. There is a Morning and Evening prayer each week to ponder and pray. Six days each week are organized around scripture, three texts from the Old Testament and three texts from the New Testament. For each daily reading one thought question challenges us to reflect on the text and make the application.

[Please feel free to download the PDF.](#) [See Bob if you would like a printed copy.](#)

Here are the weekly themes:

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| 1 Beginning: God Knows Where You're Going | 27 Witnessing: Learn To Be God's Evangelistic Partner |
| 2 Resting: Because You're Exhausted | 28 Giving: Discover The Joy Of Generosity |
| 3 Entering: Meet God Inside Your Own Heart | 29 Following: Remember, You Are Not The Guide |
| 4 Addressing: Begin Your Prayer in Astonishment | 30 Worshipping: Don't Worship Your Experience of God, Worship God |
| 5 Desiring: Seek God First... He Will Provide the Rest | 31 Rejoicing: Find The Difference Between Happiness And Joy |
| 6 Quieting: Rediscover Silence And Solitude | 32 Fasting: Rediscover This Ancient Practice Of Self-Denial |
| 7 Asking: Bring Your Needs To The Father | 33 Resisting: The Enemy Wages War Against Your Soul |
| 8 Reflecting: Meditate. Ponder. Contemplate. Think | 34 Gathering: Recommit To Our "One Another" Faith |
| 9 Learning: Continue To Search For God's Truth | 35 Waiting: Find The Connection Between Stillness & Strength |
| 10 Writing: Discover The Power Of Journaling | 36 Humbling: Downsize Your Pride By Standing Next To God |
| 11 Accepting: Open Your Heart To God's Guidance | 37 Obeying: Fear God & Keep His Commandments |
| 12 Managing: Use God's Priorities To Balance Your Time | 38 Welcoming: Use Your Home As A Place For Healing |
| 13 Settling: Look For Places To Pause & Pray | 39 Joining: Community, Unity & Fellowship Are God's Desire |
| 14 Choosing: Give God The Space To Act | 40 Purifying: God Must Go Deep To Cleanse Your Heart |
| 15 Listening: Prayer Is Not Just About You Talking | 41 Ordering: Allow God To Re-Order Your Private World |
| 16 Admitting: Use The Power Of Confession | 42 Opening: Be Transparent With God & Close Relationships |
| 17 Interceding: Lift Others Up To God In Prayer | 43 Promising: Draw Upon God's Commitment As You Extend Yours |
| 18 Reading: Return Again & Again To God's Word | 44 Loving: Learn To Love Those You May Not Like |
| 19 Disengaging: Picture A Heart Clean & Clear Of Clutter | 45 Sympathizing: Your Compassion Changes Others ... & You |
| 20 Mentoring: Who Taught You? Who Can You Teach? | 46 Growing: Move Beyond "Should Be" To "Can Be" |
| 21 Refraining: Learn To Talk Less & Filter More | 47 Serving: Determine To Be God's Compassion |
| 22 Sharing: Find Spiritual Maturity In Community | 48 Thanking: Imagine Gratitude Reshaping Your Heart |
| 23 Releasing: Seek God's Will By Surrendering Control | 49 Liberating: Seek Freedom, Not Entitlement |
| 24 Searching: Find God, & Then Continue To Seek Him | 50 Living: Break Down The Wall Between Sacred & Secular |
| 25 Centering: Focus Your Life Of Faith | 51 Protecting: Move Beyond Submission To Surrender |
| 26 Trusting: Remain Faithful When The Journey Becomes Difficult | 52 Traveling: Live As A Pilgrim, But Not A Stranger In This World |